Dabbling in Meditation

At One morning session, a visitor – his first visit to Shri Yelaraj – presented an unusual problem. There was, some time earlier, a ten-day course of meditation conducted by a Swami. This visitor had no particular interest in meditation nor any specific object in enrolling for this course: he enrolled because some of his friends, who knew to do so, wanted him to join them, and he could afford to take that period of time off from his business. It is part of his character and temperament to devote his concentrated attention, with determination, on anything that he takes up, and so, once the course of meditation started, he as usual devoted his full attention to, and did whatever was asked of him during this period of the course. The result had been that at a certain moment of time, towards the end of the course, he had a definite feeling of being separate and apart from his body, and the whole world being of the nature of a dream. And that feeling had persisted ever since. BUT, he said, It was, he said, not at all an unpleasant feeling, on the contrary it gave him a peculiar sense of total freedom, BUT, he said, there was a difficulty: how was he to live in this dream world? how was he to carry on his business and earn a living?

This was in the usual course translated into Marathi for Shri Yelaraj, but even before the translation could be completed, it was clear that he had grasped the problem because there was an expression of unusual gravity on his face. He sat still for a considerable length of time. Then he started speaking. "Meditation," he said, "is not something one can dabble in as entertainment, just to see what happens. A certain preliminary preparation for it is necessary. Consciousness is the basis for all manifestation of the phenomenal world. There is no greater power on earth than consciousness, and if one fools around with it,

in its simplicity it would be impossible to predict the response that will emerge, and if the psyche is not prepared to receive and cope with this response, there could be trouble at the ~~mental~~ body-mind level — for the simple reason that there has been no earlier preparation in disidentifying oneself from the body.

Shri Maharaj then addressed himself directly to this particular visitor and asked him if he could attend Shri Maharaj's talks for, say, 10/15 days. Unfortunately for the visitor, he had to go back to his station almost at once. Shri Maharaj then told him to read "I Am That" very carefully and attentively, and to remember this visit as often as he could — nothing to be done except to remember occasionally this visit when he talked to Shri Maharaj. Shri Maharaj added: "You might see the whole universe as a dream but so long as there is a 'you' seeing this dream as ~~a~~ a separate entity, you will be in trouble. Gradually, let us hope, ~~that~~ you will come to realize that you are also a dreamed figure in this living dream, an integral part of the dream."